

# SeniorLiving

March 2022

## Kingsport Senior Center



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Staff:

Please call the front office for information:  
**(423) 392-8400 (Main Number)**

Director- Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
(423) 392-8403

Branch Coordinator- Michelle Tolbert  
michelletolbert@kingsporttn.gov  
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Branch Assistant- Diane Broyles  
dianebroyles@kingsporttn.gov  
(423) 765- 9047

Wellness Coordinator- Kevin Lytle  
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Program Coordinator - Lori Calhoun  
loricalhoun@kingsporttn.gov  
(423) 392-8405

Program Leader - Amber Quillen  
amberquillen@kingsporttn.gov  
(423) 392-8402

Program Leader - Beth Freeman  
bethfreeman@kingsporttn.gov  
(423)343-9713

Program Assistant - Cameron Waldon  
cameronwaldon@kingsporttn.gov  
423-392-8406

Secretary - Kelsie Gillum  
kelsiegillum@kingsporttn.gov  
423-392-8400

Nutrition Site Manager  
(423)246-8060

Policies:

**Refund Policy:** The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues:

For Fiscal year:  
July 1, 2021 - June 20, 2022  
\$25.00- Kingsport City Residents  
\$45.00- Sullivan County Residents  
\$70.00- Out of County Residents  
\*If you have Silver Sneakers through your insurance company your membership is free.

\*The Kingsport Senior Center is now accepting credit and debit cards

Mission:

*The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.*

**About the Kingsport Senior Center:** The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



Location and Hours of Operation:

Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00am - 7:00pm Saturday: 9:00am – 12:00pm

**www.kptseniors.net**  
**423-392-8400**

Branch Sites:

Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday, 8:00am - 2:30pm.

423-765-9047

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

Follow us on Social Media:  Kingsport Senior Center  @KingsportSeniorCenter  @KingsportSeniorCenter

Kingsport Senior Center  
Advisory Council Members:

Richard Currie  
(Chairman)  
Brenda Cunningham  
Pat Breeding  
Frances Cottrell  
Laurel McKinney

Linda Gemayel  
Peter Shang  
Lisa Shipley  
Brenda Eilers  
Kenn Naegele

*The Senior Advisory Council meeting will be April 21st at 12:30. The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office. It is our hope that this will be a benefit to our seniors, staff, and the council.*

Subscribe to our new  
Kingsport Senior Center  
YouTube Channel!

[https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view\\_as=subscriber](https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber)



# Stop Searching.

Get in-person answers on assisted living from the experts.

Are you concerned about a loved one's safety and quality of life? Call us. We can help.

For more than 30 years, Asbury Place at Steadman Hill has been providing solutions for complex problems – with loving care.

## Contact Us – We Can Help

- » **(423) 900-2296**
- » **AsburyPlaceKingsport.org**
- » **SCloyd@Asbury.org**

ASBURY PLACE  
Assisted Living at  
STEADMAN HILL

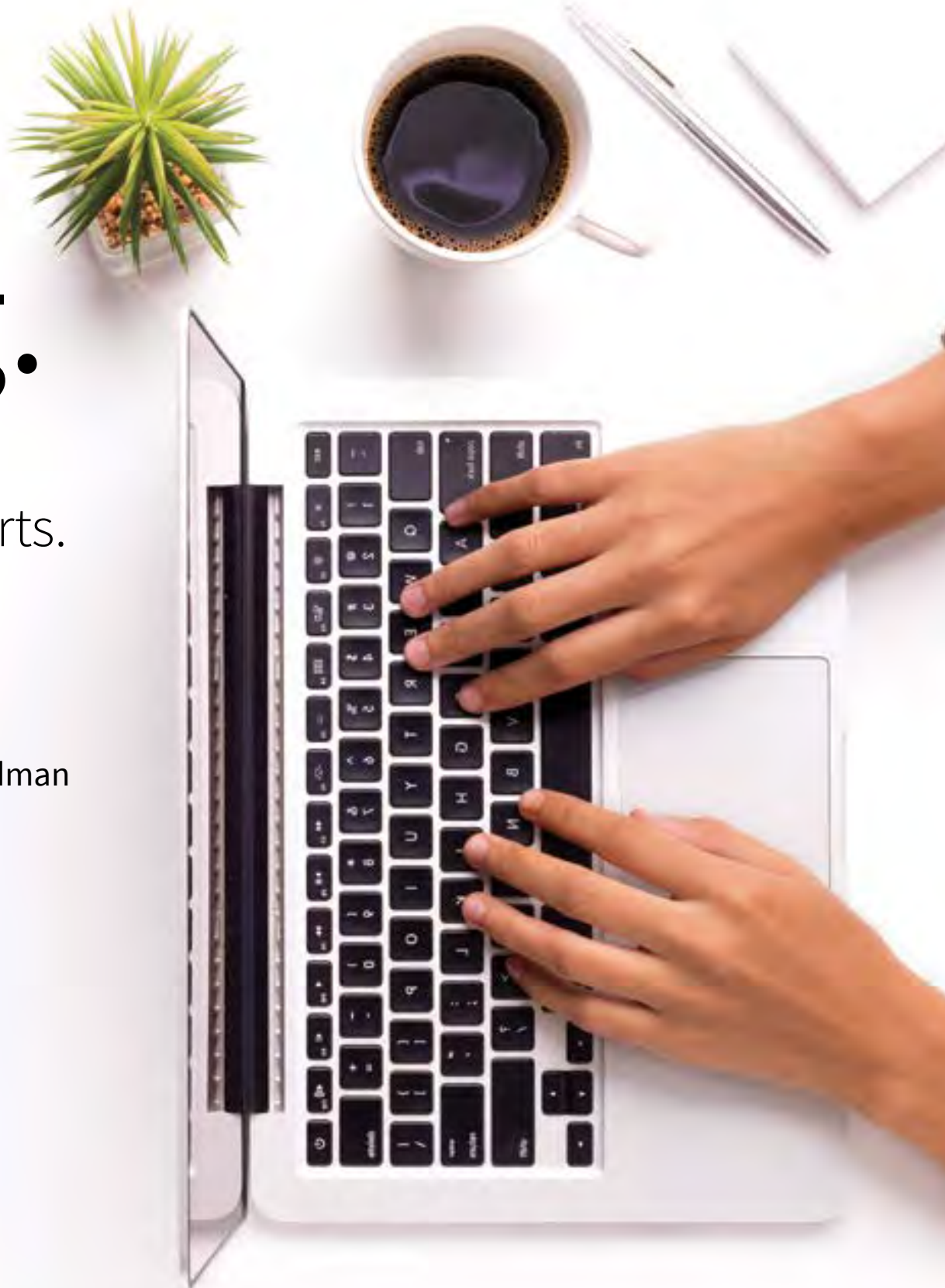
Anticipate More



1300 Bloomingdale Pike  
Kingsport, TN 37660



Faith-based. Not-for-profit. Mission-focused.



# VIRTUAL CALENDAR

## Events and Virtual Classes

**Mar 3 - 10 Minute Stair Exercises to Build Muscle in Your Glutes, Hips & Legs Seniors, Beginners**  
[https://www.youtube.com/watch?v=2IR3kAc\\_Zx4](https://www.youtube.com/watch?v=2IR3kAc_Zx4)

**Mar 5 - Betty White & Johnny Carson in funny skit as Adam & Eve - Carson Tonight Show**  
<https://www.youtube.com/watch?v=Ih6LxwdwvIA>

**Mar 7 - DIY Dollar Tree St. Patrick's Day Decor**  
<https://www.youtube.com/watch?v=k8Nlae50eUg>

**Mar 9 - 10 Spring Cleaning Tips & Shortcuts**  
<https://www.youtube.com/watch?v=Cx4-bN3pPR0>

**Mar 11 - Easy one hour quilt made with fat quarters! Perfect for gift quilts!**  
<https://www.youtube.com/watch?v=ksQ8qkpFUNw>

**Mar 13 - 3 Easy sheet pan dinners to feed the whole family**  
<https://www.youtube.com/watch?v=Xc0zGodMRk4>

**Mar 20 - Homemade Week Killer**  
<https://www.youtube.com/watch?v=MHcj1dChT0M>

**Mar 28 - Corned Beef & Cabbage Recipe**  
<https://www.youtube.com/watch?v=k04PxzyMN08>

## Senior Services Virtual Programs

**Mar 1 - How is Your Social Security Taxed?**  
<https://youtu.be/-zsF9mdPyEc>

**Mar 8 - Could CarFit Be a Good Fit For You?**  
<https://youtu.be/arA1eNkgp4LI>

**Mar 15 - Preventing Financial Exploitation**  
<https://youtu.be/ThgQYwNcwCw>

**Mar 22 - This Yellow Dot May Save You**  
<https://youtu.be/DFU8s5xIU0>

**Mar 29 - Free Online Classes for Seniors**  
[https://youtu.be/nc\\_Vwi2PixA](https://youtu.be/nc_Vwi2PixA)

## Facebook Classes - March 2022

**Mon, Wed, Fri** - SilverSneakers Classic with Terri Bowling

**Mon, Wed, Fri** - Total Body with Terri Bowling

**Mon, Wed, Fri** - SilverSneakers Yoga with Terri Bowling

**Tues, Thurs** - SilverSneakers Boom Fitness with Terri Bowling

**Tues, Thurs** - Piloxing with Terri Bowling

**Mon, Wed, Fri** - High/Low Aerobics with Terri Bowling

**Mon, Wed, Fri** - Strength/Stretch with Terri Farthing

## Wellness Virtual Classes

**Mar 1 - Peroneal Tendonitis Stretches & Exercises for the Foot**  
<https://youtu.be/gzw7zufAiwo>

**Mar 3 - Top of the Foot Pain Home Treatment & Exercises**  
<https://youtu.be/MptFiAYrdqc>

**Mar 8 - Exercises for Achilles Tendon Pain**  
<https://youtu.be/byCTWYx1PfU>

**Mar 10 - How to Relieve Heel Pain in Seconds**  
<https://youtu.be/JVeNUGCXDV0>

**Mar 15 - Foot Strengthening Exercises**  
[https://youtu.be/xTUmcZcxf\\_tl](https://youtu.be/xTUmcZcxf_tl)

**Mar 17 - Achilles Tendon Stretches**  
[https://youtu.be/vU\\_FVahd4HI](https://youtu.be/vU_FVahd4HI)



Kingsport Senior Center

## Zoom Basics Training

*Presented by Lydia F. Hoskins, Extension Agent,  
Family & Consumer Sciences, UT/TSU Extension, Sullivan County*

**Wednesday, March 16 10:00-11:30am**  
**Computer Lab**

Would you like to start using Zoom to communicate with your family & friends or for work, but don't know where to start? Join us for an informative class on all the Basics of using Zoom.

Sign up in the Front Office or call (423) 392-8400

KINGSPOINT SENIOR CENTER &  
OPERATION HOPE PRESENT

## CREDIT & MONEY MANAGEMENT WORKSHOP

Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating.

This is a Free 2 hour workshop and lunch will be provided to participants. Come by or call the Front Office to sign up beginning March 1 (423) 392-8400

**Monday, April 4th**  
**11:00am-2:00pm**  
**Room 230**

AARP will be providing Free Tax Preparation at the Kingsport Senior Center  
February 3 - April 14

APPOINTMENTS ARE FULL  
BUT YOU CAN COME BY OR  
CALL THE FRONT OFFICE @  
(423) 392-8400  
TO BE PUT ON A WAITING LIST



# Senior Services

## Making Informed Decisions About Hospice & Home Health

**WEDNESDAY, JULY 21 | 10:00AM**

**CARD ROOM**

**SIGN UP IN THE OFFICE OR CALL (423) 392-8400**

**LIMITED TO 20 PARTICIPANTS**

Shannon Morelock, Community Educator for Smoky Mt. Home Health & Hospice, will be the the Center to discuss Hospice & Home Health issues. Shannon will cover topics such as what is Hospice today? What is Home Health today? What are patient and families rights in making informed decisions? Join us to find answers to these questions & more.

## *EAT WELL FEEL WELL*

Mondays, March 7-April 25

9:00-10:30am

Card Room

Sign up in the Front Office or

call (423) 392-8400



Eat Well, Feel Well is a series of educational activities designed to engage older adults and teach nutrition, food resource management and food safety. Lesson topics include Hydration, Use It or Toss It, Physical Activity and Vegetables. Join Lydia Hoskins, Family & Consumer Sciences Agent, UT/TSU Extension, Sullivan County, as she presents this 8-week series every Monday morning between March 7 and April 25. (You do not have to attend all sessions)

2nd & 4th Wednesdays  
of Every Month

10:30am-12:00pm  
Computer Lab

## Ask a Library Geek

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

Call today, only 3 appointments available per day!

## S.M.I.L.E. MEETING

2ND WEDNESDAY OF EVERY MONTH  
2:00PM IN THE CAFETERIA

Contact Beth Freeman for more information about our Volunteer program  
(423)343-9713 or bethfreeman@kingsporttn.gov



KINGSPORT SENIOR CENTER

# TRUNK SALE

Friday, May 27  
8:00am-2:00pm  
Front Parking Lot

Come by the Front Office to reserve your spot starting April 1



KINGSPORT  
SENIOR  
CENTER

## POUND FIT

Taught by Tammie Chandley

**TUESDAYS, MARCH 29-MAY 31**  
**5:30-6:15PM**  
**ROOM 302**

If you've always secretly wanted to be a rock star, you'll love the POUND workout! POUND can help people of all fitness levels improve coordination, strength, and cardiovascular health. Burning up to 450+ calories in a half hour, it is also a great way to lose weight. Sign up in the Front Office or call (423) 392-8400

## Acrylic Painting Class

THURSDAYS, MARCH 17-APRIL 21  
6 WEEK CLASS  
3:00-5:00PM

SIGN UP IN THE FRONT OFFICE & PICK  
UP A SUPPLY SHEET

Instructed by: Michael Farrar



Wednesday, March 23  
1:00pm  
Lounge

Popcorn will be served but you  
must bring your own drink

Sign up in the Front Office

## Beginning Watercolor Painting

THURSDAYS, MARCH 17-APRIL 21  
1:00-3:00PM  
ROOM 303

SIGN UP IN THE FRONT OFFICE & PICK UP A  
SUPPLY SHEET

INSTRUCTED BY MICHAEL FARRAR



# Senior Services

## Senior Services Programs:

Call or Come by the Front Office to sign up  
(423) 392-8400

### • Ask a Library Geek

**2nd & 4th Wednesdays of Every Month, 10:30am-12pm, Computer Lab**

Would you like to get setup up to use free library eBooks, audio-books, & online magazines? Have some computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian today.

### • SMILE Meeting

**March 9, 2:00pm, Cafeteria**

SMILE stands for Seniors Making Individual Lives Exciting and is the Kingsport Senior Center's Volunteer Program. We have a meeting the 2nd Wednesday of every month and always welcome new volunteers! If you would like more information please contact Beth Freeman at (423) 343-9713 or bethfreeman@kingsporttn.gov.

### • Making Informed Decisions About Hospice & Home Health Wednesday, March 23, 9:00am, Card Room

Shannon Morelock, Community Educator for Smoky Mountain Home Health & Hospice, will be at the Center to discuss Hospice & Home Health issues. Shannon will cover topics such as what is Hospice today? What is Home Health today? What are patient and families rights in making informed decisions? Join us to find answers to these questions and more.

### • Credit & Money Management Workshop

**Monday, April 4, 11:00am-2:00pm, Room 230**

Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a 2 hour workshop and lunch will be provided to participants. This is a Free workshop and is limited to 20 Participants.

### • Eat Well, Feel Well

**Mondays, March 7-April 25, 9:00-10:30am, Card Room**

Eat Well, Feel Well is a series of educational activities designed to engage older adults and teach nutrition, food resource management and food safety. Lesson topics include Hydration, Use It or Toss It, Physical Activity and Vegetables. Join Lydia Hoskins, Family & Consumer Sciences Agent, UT/TSU Extension, Sullivan County, as she presents this 8-week series every Monday morning between March 7 and April 25. (You do not have to attend all sessions)

# ARTISAN OF THE MONTH

## MARCH ARTISAN OF THE MONTH

### KAREN KRAMER

"I have lived around the country from Los Angeles to New York to Florida, as well as various places in-between. I found my "home" in Kingsport five years ago. Now retired, I can finally focus on my painting. Having been a fan of abstract for some time, it has become my principle form of expression."



*Life Is Stressful -  
Let US Be  
The Easiest Part of  
Your Day*

\* Specialized Medical Care In Your Home or Place of Residence \*

\* Services Covered Under Medicare and Most Insurances \*

• Call our Kingsport office today \* 800-516-6371

\*\* Free In-Home Consults \*\*

COVID 19 Prevention-Wear Mask-Wash Hands Frequently-Maintain Social Distancing  
\*We have always been your "Front-Line Heroes" especially during Covid 19

**Interested in keeping up with events with a digital copy of the newsletter sent to your email?!**



Call (423) 392-8400 or stop by Front Office and give us your email!!!

**Disclaimer:** The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!





# TOWNVIEW

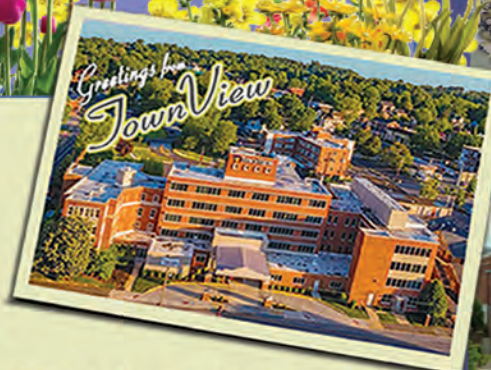
A PREMIER SENIOR LIVING COMMUNITY  
*of Johnson City*



*Spring into a more independent lifestyle*  
*-where home maintenance and yard work*  
*are a thing of the past!*



## 7 Great Reasons to Choose TOWNVIEW of Johnson City



- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, shopping and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

**55+ Welcome Home to TownView!**

**VOTED 2021  
#1 BEST  
RETIREMENT  
COMMUNITY**



**"It's just a really good place to be, because everybody is nice. There's a bunch of really good and wonderful people here, my friends."**

**~ Diana M.**



**Call Today to schedule a Private Tour!**

**114 West Fairview Ave., Johnson City, TN 37604**

**423-328-9068**

**thetownview.com**



# Day Trips

## OTLB: Four Seasons Restaurant and Country Store & Shopping in Gate City.

FRIDAY, MARCH 11

9:45AM-4:30PM

**COST: \$8 FOR TRANSPORTATION  
WITH LUNCH ON YOUR OWN**

ENJOY A TRIP TO BIG STONE GAP AND LUNCH AT THE FOUR SEASONS RESTAURANT AND COUNTRY STORE ALONG WITH SHOPPING IN GATE CITY AT SOUTHERN COLLECTIVE, THE FAMILY BAKERY OR SOME ANTIQUE SHOPS.

SIGN UP BEGINS FEBRUARY 1.



## OTLB FERN VALLEY FARM

THURSDAY, APRIL 7

BUS LEAVES AT 10:30AM

**\$29.00 INCLUDES LUNCH &  
TRANSPORTATION**

SIGN UP STARTS MARCH 1



Enjoy a beautiful drive to Fern Valley Farm for a wonderful farm to table meal. The owners of the farm will provide the history of the farm and a tour of the facility for our Members. After lunch we will take a trip to the **Dutch Pantry** so you can buy some goodies to take home!

## KINGSPORT SENIOR CENTER

MONDAY, APRIL 25  
BUS LEAVES AT 8:15AM

**\$30.00 PER PERSON**  
(EACH PERSON WILL RECEIVE  
\$20.00 TO USE AT THE CASINO)

SIGN UP STARTS MARCH 1



**Harrah's  
CHEROKEE**  
CASINO RESORT



We will be taking a Charter Bus to Harrah's Casino Resort arriving around 11am and departing the Casino at 4pm. Lunch is on your own at the Casino/Resort.

**IMPORTANT:** The Casino requires that all guests have a valid email address in order to register for a Total Reward Card and receive passenger incentive free slot play upon arrival. Guests must stay in line to receive the incentive. If you do not have an email, the Senior Center will assist you in setting one up.





# Brain Games



First Monday  
of Each Month

1:00-3:00pm

Computer  
Lab

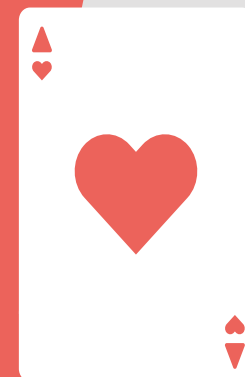
Sign up in the Front Office or call (423) 392-8400

# Hearts Tournament

DOUBLE ELIMINATION

Thursday, April 14  
9:00am-5:30pm  
Card Room  
\$2.00 fee per person

Sign up in the Office by  
April 7



KINGSPORT SENIOR CENTER

## EASTER LUNCH

WEDNESDAY, APRIL 6  
12:00-1:30PM  
FARMERS MARKET

Sign up in the Front Office starting March 1

\$10.00 Per Person



KINGSPORT SENIOR CENTER

## ST. PATRICK'S DAY- A DAY OF IRELAND

Thursday, March 17 | 1:30-3:30pm  
Room 310

\$5.00 Per Person

Sign up in the Front Office starting February 4

JOIN US FOR A TASTE OF IRELAND & IRISH GAMES!





# Wellness



## Wellness Seminars

- **Support Group "Restless Legs Syndrome":** 12:30 pm | Tuesday, March 8 | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. There is a limit of 20 seats available. \*\*
- **"Preventing Falls":** 10:30 am | Tuesday, March 15 | Card Room | Gregg Watlington, DO with ETSU Family Physicians of Kingsport. Dr. Watlington will discuss why falls happen, what we can do to prevent falls; increased mobility and strength medication management, safety measures. \*\*
- **"Diabetes Management":** 10:30 am | Tuesday, March 22 | Card Room | Heather Overbay and Janice Boners, Health/Wellness with Brookdale Kingsport will be talking about the dos and don'ts of managing diabetes. \*\*
- **"Memory and Brain Health":** 2:00 pm - 4:00 pm | Thursday, March 24 | Multipurpose Room | Every 4th Thursday of the month. Topic of discussion: "Creative Strategies to Maximize Brain Health" Join Tracey Wilson with Alzheimer's Tennessee to learn some of the most interesting ways to improve memory and sharpen recall abilities. \*\*
- **Wellness Seminar "Arthritis Education":** 10:30 am | Tuesday, April 26 | Card Room | Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health. Come join us to be educated on what types of arthritis there are, risk factors, S.M.A.R.T joint-friendly exercise, safe techniques for home management tasks with arthritis, and safe mobility tasks for arthritis with an assistive device.

## Trips



- **Hiking Club:** 9:30 am | Friday, April 1 | We will hike on three trails Fern Trail, Lake Road, and Chinquapin Trail at Bays Mountain Park | Cost is \$5 for transportation. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone brings a bag lunch with something to drink, we will be eating in the park after the hike. \*\*

**\*Sign-up for all events in the Front Office or by calling (423) 392-8400.\***

**March is Colorectal Cancer Awareness Month: Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early. Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease, and more than 50,000 die. Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to get screened.**

## Events



- **Woodshop Safety Orientation:** 9am. Monday, March 7 | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 or 423-392-8407 to sign-up. NOTE: We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all woodworkers please come and help.
- **Shuffleboard Tournament:** 9:00 am | Wednesday, March 9 | Shuffleboard Courts | Doubles. Best of 3 games w/ double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Nathaniel Young w/ Brookdale Kingsport. 12 needed to play. \*\*

- **Billiards Tournament:** 9:30 am | Wednesday, April 13 | Billiards Room | This will be an 8-ball tournament, singles, best of three games with double elimination. Prizes for 1st, 2nd, & 3rd sponsored by Kim Howell with Visiting Angels. Sign-up in the Front Office by April 11.

## Activities



- **Blood Pressure Checks:** Nathaniel Young will be at the Center on **Tuesday, March 1** for blood pressure checks from 9 am-11 am and every 1st Tuesday of the month, in the Hallway by the Office. Morgan Smallman, RN, BSN, Rehab Liaison, with Encompass Health will be at the Center on **Tuesday, March 8** for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office.
- **Beginners Volleyball:** 10 am - 12 pm | Thursday, March 3 - April 7 | TNT Sportsplex, 600 E. Main Street | Instructors: DeeDee and Carl Mullins will be teaching a beginners volleyball class, which will help improve your volleyball skills and teach you the correct techniques of playing volleyball. Cost is Free. \*\*
- **Beginners Pickleball II:** 11:30am-12:30pm. Wednesday, Mar 9-Apr 13 | TNT Sportsplex, 600 E. Main Street | Instructor: Anna Walters will be teaching a beginners pickleball II class, which will help improve your pickleball skills and teach you the correct techniques of playing the game of pickleball. Cost is \$30.
- **Pickleball Drills:** 10:00 am - 12:00 pm. Every 3 rd Thursday, Starts on Mar 17 | TNT Sportsplex, 600 E. Main Street | Instructors: Anna Walters and Andy Wilson will be teaching a pickleball drills class, which will help improve advanced pickleball players skills and teach you the correct techniques of playing pickleball. Cost is Free.

## Princeton

ASSISTED LIVING

A PARTNERSHIP OF *Signature* *Ballad*  
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**CALL TODAY  
TO  
SCHEDULE  
A TOUR!**

**401 Princeton Road**  
Johnson City, TN 37601

[www.PrincetonTransitionalCare.com](http://www.PrincetonTransitionalCare.com)



# Extended Travel Trips



## Mediterranean Cruise

JUNE 3 - JUNE 12, 2022

**BELOW PRICES, GOOD ONLY THROUGH 02/01/2022 WHEN PRICES WILL INCREASE. SIGN UP NOW TO GET THE LOWEST PRICE!!**

INSIDE CABIN - \$3,674 PER PERSON DOUBLE OCCUPANCY  
CENTRAL PARK BALCONY - \$3,774 PER PERSON DOUBLE OCCUPANCY  
OCEAN VIEW BALCONY - \$3,974 PER PERSON DOUBLE OCCUPANCY

ROYAL CARIBBEAN "WONDER OF THE SEAS"  
4 TOURS INCLUDED  
BARCELONA, ROME, PISA  
OVERNIGHT IN BARCELONA PRE-CRUISE  
WE WILL BE FLYING OUT OF TRI-CITIES AIRPORT

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403

KINGSPORT SENIOR CENTER - EXTENDED TRAVEL

## AMISH LANCASTER

4 DAYS / 3 NIGHTS  
MAY 9-MAY 12, 2022

- DOUBLE OCCUPANCY PER PERSON \$624.00
- SINGLE OCCUPANCY PER PERSON \$764.00




Enjoy a Sight & Sound Production of David, Guided Tour of Amish Farmlands, Guided Tour of Hershey, Visit to Hershey's Chocolate World, and much, much more!!



Sign up starts March 1, with a deadline of April 1, 2022

Contact Shirley Buchanan @ (423) 392-8403 for more information

Kingsport Senior Center - Extended Travel

## LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

### Travel Meeting

TUESDAY, MAY 24, 2022

- Double Occupancy Per Person - \$3,660.00

Travel Meeting Presentation by Jennifer Powers with Premier Travel Company. Jennifer will be providing a presentation on the upcoming Rose Parade NYE Trip on 12/30/22-1/4/23

Sign up starts March 1  
Contact Shirley Buchanan @ (423) 392-8403 for more information





Kingsport Senior Center - Extended Travel


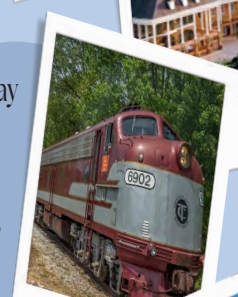

## NASHVILLE & WINE TRAIN

4 DAYS / 3 NIGHTS  
OCTOBER 14 - 17, 2022

Trip includes the Tennessee Central Railway Wine Tasting Excursion, Dinner Show at Nashville Nightlife dinner Theater, Tour Ryman Auditorium, Visit Opryland Resort, and much, much more!!

- Double Occupancy per person - \$924.00
- Single Occupancy per person - \$1174.00

Sign up Starts March 1  
Contact Shirley Buchanan @ (423) 392-8403 for more information

KINGSPORT SENIOR CENTER - EXTENDED TRAVEL

## Charleston Festival of Lights

4 Days / 3 Nights  
November 14-17, 2022

DOUBLE OCCUPANCY PER PERSON - \$624.00  
SINGLE OCCUPANCY PER PERSON - \$774.00

Trip includes the James Island Holiday Festival of Lights, Dinner Cruise aboard the Spirit of Carolina & much more!

Sign up Starts March 1  
Contact Shirley Buchanan @ (423) 392-8403 for more information





Kingsport Senior Center - Extended Travel

## LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

### 6 DAYS / 5 NIGHTS

DECEMBER 30, 2022 - JANUARY 4, 2023

- Double Occupancy Per Person - \$3,660.00

Trip includes the New Year's Eve Rose Parade, New Year's Eve Dinner Party, Hollywood & Beverly Hills Tour, San Diego City Tour, San Diego Harbor Cruise and much, much more!!

Sign up starts March 1  
Contact Shirley Buchanan @ (423) 392-8403 for more information







# KSC at Lynn View

## CORE CONDITIONING

Mondays & Wednesdays, 9:00 am, Cafeteria  
Non-aerobic, muscle-toning, focused on core strength.  
Perform traditional weight-training movements in a class setting.

## SILVER SNEAKERS CLASSIC

Mondays & Wednesdays: 10:00 am, Cafeteria.  
Tuesdays & Thursdays: 9:00 am, Cafeteria.  
Increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing, or Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

## LOW-IMPACT AEROBICS

Fridays, 9:00-10:00 in the cafeteria.

## STRETCH & FLEX

Fridays, 10:00 - 11:00 am, Cafeteria.  
Enjoy stretching, increasing your flexibility & balance, & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair - no floor work required!

## POUNDFIT

Tuesdays, 11:00 am. No sign-up required.  
Cardio jam-session designed to promote total-body fitness. Come join us and become the music!

## Y SCRABBLE DAY

11:00 am, Thursdays, Cafeteria. Bring lunch and a drink and enjoy a game of Scrabble!

## BLOOD PRESSURE CHECKS

Mondays (8:45 am - 10:00 am) with volunteer Nancy Greene. No sign-up required, walk-ins welcome! Also, Wednesday, March 16 at 8:45 - 10a.m. with Caden W. Cox, Pharm.D. with Colonial Heights Pharmacy and an ETSU student.

## YOGA\*

Main Site: Mondays through April 4, 5:30 pm, Room 302 w/ Becky Mills. Cost: \$25.

## ZUMBA GOLD\*

Tuesdays & Thursdays, 11:45 am - 12:45 pm. Gym (Main Site). Zumba Gold is easy to follow and lets you move to the beat at your own speed.

## MAKE A GNOME\*

Tuesday, March 8, 10:00 am. Participants will make a gnome, choice of hat color. Cost: \$15. All supplies provided, bring a glue gun and glue sticks.

## ARTISAN MEETING

Tuesday, March 8, 1:00 pm. Local artisans are welcome to attend. No sign-up required. Artisan of the Month: Karen Kramer.

## COOKING W/ THERESA\*

Tuesday, March 15, 11:30 am. Participants will learn how to make soup beans and cornbread in an instant pot and try a pinto bean pie.

## BEGINNING PICKLEBALL\*

Tuesdays & Thursdays, March 22 - April 7, 9:30-10:30 am. Limited to 10 participants. 3 weeks, 6 classes. This is for participants who have never played pickleball and would like to learn. \$30 at sign-up.

## NUTRITION LABELS & DECISIONS\*

Tuesday, March 15, 10:00 am. Presenter is Linda Jones Ext. Program Assistant II, TNCEP, UT-TSU Extension Sullivan County will be discussing how to make healthy choices using the Nutrition Facts Label.

## BEGINNER STAINED GLASS\*

Tuesdays, March 8 - 22, 11:00-1:00. Lynn Davenport will share how to make a ribbon sun catcher. Please bring the glass you would like to use. This class is for a true beginner.

## BEGINNER STAINED GLASS II\*

Tuesday, March 8 - 22, 9:00 - 11:00 am. Must have taken the Beginner Stained Glass class or have stained glass experience. Project is a hummingbird. Supplies needed: solid 12 or 14g bare copper wire—2 foot (1 foot 16g wire depending on which project), copper wire crimp to fit wire size, glass for bird and flower, imagination :), finished piece is size 8x10. Bring a supply carrier.

## SMALL APPLIANCE REPAIR

Thursday, March 10, 10:30 am. Join us as Doug Clark shares how to do simple small appliance repairs.

## TAP CLASS FOR BEGINNERS\*

T/TH, Mar 15 - Apr 7. 1:00 - 2:00pm. Taught by ETSU Faculty and Broadway Veteran, Kirk Sprinkles Pfeiffer. Explore basic tap steps and musical rhythms while dancing to the best jazz and swing classics! Not only is tap great fun, but it also has its list of health benefits including building bone density and lowering the risk of dementia. Tap can be learned standing or seated. No experience is necessary. Tap shoes required. Cost: \$48. Min 6 - Max 20.

## BASKET CLASS\*

Wednesday, March 16, 10:00 - 1:00 pm. Cost is \$15, paid to instructor Candy Alexander. Class limit of 10. Participants will make a mug basket. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

## PICKLEBALL DRILLS\*

Friday, March 11 & March 25, 9:30-11:30 am. Improve your pickleball groove with these drills and have fun while you're at it! Limited to 10 participants. These drills are offered twice a month and an individual may only participate in one per month.

## SPRING COOKIE DECORATING\*

Thursday, March 17, 10:30 am. - 12 pm. Join us as the Sugar Cookie Momster teaches participants how to decorate 4 spring cookies. Check her out on Facebook and Instagram. Cost: \$25.

## GRIEF SHARE\*

Friday, March 18, 11:00 am. This grief support group will meet the 3rd Friday of the month with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.

## HANDCRAFTED COPPER EARRINGS\*

Friday, March 18, 12:00 - 2:00 pm. All supplies included, bring jewelry-making tools. Min. 4 participants required. Cost: \$30, payable day of class. Instructor: Kathryn Jenkins, a proud member of Tennessee Craft since 2010. I have participated in numerous events, fine art shows, exhibits and galleries from Abingdon, VA to Nashville, TN.

## WELCOME SPRING PARTY\*

Monday, March 21, 11:30 am. Join us for refreshments and music by Patti Quarles.

## BUTTERBEAN AUCTION\*

Wednesday, March 23, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

## BACKYARD GARDENS\*

Thursday, March 24, 10:30 am. Learn tips on soil, plants or seeds, planting in the garden, garden pests, weeds, disease, and fruits.

## CARD MAKING CLASS\*

Monday, March 28, 11:00 am - 1:00 pm. We will be using a "design map" to make 4 similar yet different cards. Cost is \$10 and all supplies are included. Please bring scissors and your favorite adhesives.

## BEGINNER TATTING\*

Wednesday, March 30 - April 13, 11:00 am. 3 classes, cost: \$15 payable at sign up. Learn the art of tatting with Instructor Betty Smith.

## MINUTE TO WIN IT GAME DAY\*

Thursday, March 31, 11:30 am. Sponsored by Amedysis. Light refreshments will be served.



## BASKETBALL

Monday-Thursday, 8:00 am - 10:00 am.  
Stop by the office and get a ball and shoot some hoops!

## PICKLEBALL

Mondays & Wednesdays: 11:30 am - 2:00 pm.  
Tuesday, Thursday & Friday: 10:00 am - 2:00 pm.  
This is open for all skill levels.

**\*SIGN-UP BY CALLING LYNN VIEW AT 423-765-9047\***

## COLONIAL HEIGHTS UNITED METHODIST

### SILVER SNEAKERS YOGA

Tuesdays & Thursdays, 9:00 AM - 10:00 AM in the gym. Move your whole body with seated and standing poses. Chair support is offered. Relaxation and mental clarity!

## FIRST BROAD STREET UNITED METHODIST

### TOTAL BODY WORKOUT

Mondays, Wednesdays, & Fridays. 9:30 AM in Room 239. Upper & Lower body exercises.

### CORE YOGA

Tuesdays & Thursdays, 11:00-11:30 AM in Room 239. Mat Yoga.

### YOGA

Tuesdays & Thursdays, 11:30 AM - 12:30 PM in Room 239. Standing poses and gentle movements.

## V.O. DOBBINS

**OUTDOOR PICKLEBALL:** Mondays & Wednesdays, 8:30-10:30 AM. Open Play.

## AQUATICS CENTER

**LAP SWIMMING:** Monday-Friday, 8-10 AM. Free w/ Senior Center Membership.





# CLASSES & Daily Activities

## Monday

**Lap Swimming: 8:00am - 11:00am (Aquatics Center)**  
(First come first serve)

**Silver Sneakers Classic: 8:15am (Gym)** –You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Basic Tai-Chi: 10:00am (Room 302) (January 10-March 14)** - Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movement with the purpose of cultivating the "Qi" or life energy within the body. Sequencing will result in a smooth but powerful harmony of movement and breath work. The benefits might good for blood, knees joint, balance, mind, lungs, digestive system, immune system. Beginning friendly.

**Brain Games: 1:00pm (Computer Lab)** We will play a variety of trivia games each Monday! \*NEW\* **Must sign up.**

**Open Woodshop: 8:30am - 3:00pm (Woodshop)**

**Quilting: 9:00am (Room 303) (January 10-March 14)**

**High/ Low Impact Aerobics: 9:15am (Gym)** - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Beginning Clay: 10:00am (Clay Room) Begin date: TBD** Hand building. This is for our beginners.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Beginning Line Dance: 11:30am (Gym) (January 10-March 14)**

**Intermediate Line Dance: 12:45pm (Gym) (January 10-March 14)**

**Knitting: 1:00pm (Room 303) Begin date:** No instructor; self-guided until further notice. This class is open to individuals of all expert levels.

**Table Tennis: 2:00pm (Gym)**

**Volleyball: 4:00pm (Gym)**

**Horseshoes: open play (singles or doubles) (back of senior center)**

## Tuesday

**Lap Swimming: 8:00am (Aquatics Center)**

**Open Woodshop: 8:30am -3:00pm (Woodshop)**

**Boom Move & Mind Fitness: 8:30am (Gym)** - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

**Ceramics: 9:00am (Ceramics Room) (January 11-March 15)** (In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Basket Weaving: 9:00am (Room 303) (January 11-March 15)** This class is open to individuals of all expert levels.

**Strength Training: 9:45am (Gym)**

**Sing Along: 10am (Cafeteria)**

**Renaissance Strings: 10:00am (Atrium) (January 11-March 15)** Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

**Exercise for Everyone: 10:45am (Gym)** - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

**Beginner Dulcimer: 11:00am (Atrium) (January 11-March 15)** Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

**Zumba Gold: 11:45a**

**Clay 101: 12:30pm (Clay room) January 11 - March 15** This is a six weeks beginner course and then a six weeks intermediate course.

**Bowling: 12:30pm at Warpath Lanes**

**Shuffleboard: 1:00pm (Ceramics Hallway)** - All levels of experience are welcome, with tournaments held semi-annual.

**Open Pickleball: 1:00-4:00pm (Gym)**

**Rook: 1:00-7:00pm (Card Room) January 11-March 15** Please bring a snack to share with others.

**Karaoke: 4:00pm (Cafeteria) begin date: TBD** - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share

**Badminton: 4:00-6:30pm (Gym)**

## Wednesday

**Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)**

**Silver Sneakers Classic: 8:15am (Gym)** - You'll have a chair for seated exercises and standing support.

**Open Woodshop: 8:30am - 3:00pm (Woodshop)**

**Croquet: 9:30am (Front Lawn)**

**High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Hand & Foot Card Game: 12:30pm (Card Room)** Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.

**Table Tennis: 1:00pm (Gym)**

**Basketball: 4:00pm (Gym)**





# CLASSES & Daily Activities

## Thursday

**Lap Swimming: 8:00am (Aquatics Center)**

**Boom Move & Mind Fitness: 8:30am (Gym)** - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

**Bingo: 9:00am (Cafeteria)**

**Ceramics: 9:00am- (Ceramics Room) (January 13-March 17)** - In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Woodcarving: 9:00am (Room 303)** - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

**Bunco: 10:30am every 2nd Thursday**

**Strength Training: 9:45am (Gym)**

**Intermediate Clay: 10:00am (Clay Room)**  
**Begin date: TBD** In this class you will hand-build and use the pottery wheel.

**Exercise for Everyone: 10:45am (Gym)** - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

**Intermediate Dulcimer: 11:00am (Atrium)**  
This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

**Zumba Gold: 11:45a**

**Volleyball: 4:00pm (Gym)**

**Shuffleboard: 1:00pm (Ceramics Hallway)**  
- All levels of experience are welcome, with tournaments held semi-annual.

**Cornhole: 1:00pm (Gym)**

## Friday

**Lap Swimming: 8:00am (Aquatics Center)**  
(First come first serve)

**Silver Sneakers Classic: 8:15am (Gym)** You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Tai Chi- 10:00am (Room 302) (January 14-March 18)** 13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

**Genealogy Club: 9:00am (Computer Lab)**  
Join us for class and our instructors will help you discover the history of your ancestors.

**High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Mahjong: 1:30pm (Multipurpose Room)**  
Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

**Open Pickleball: 12noon-4:00pm (Gym)**

**Cornhole: 4:00pm (Gym)**



## Saturday

**Basketball: 9:00am (Gym)** - Played alone or in groups.

**Table Tennis: 10:30am (Gym)**

**Rooms available for use from 9:00am-12:00pm:**

Exercise Room  
Billiards Room  
Computer Lab  
Clay/Ceramic Room







## Assisted Living With No Level of Care Charges



As a privately owned assisted living facility, we're able to focus on the "little things" that matter – the personal touches that make living at Preston Place "home." Those who visit Preston Place are quick to note our positive, nurturing environment created by our team of dedicated caregivers and around-the-clock licensed nursing staff. We have 2 locations to serve you. Preston Place Suites is an assisted living community that promotes independence and socialization. Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.

**To schedule a tour, please call  
Preston Place Suites - 423-378-6623  
For Specialized memory care 423-378-HOPE(4673)**



Thank you for voting  
us the Best in  
Assisted Living  
Facility again this year.



2001 N. John B. Dennis Hwy., Kingsport, TN 37660 [www.prestonplacesuites.com](http://www.prestonplacesuites.com)

